

Research on Life Safety Education in Physical Education Area – A Case Study on Higher Vocational Schools in Guangdong Province

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Abstract: *By adopting the methods of literature review, expert interview and questionnaire survey, this paper aims to investigate the current situation of life safety education in physical education of Higher Vocational Colleges in Guangdong Province, in which the results indicate the existent problem of lack of life safety education. The author proposes accordingly the countermeasures that concept of physical education should be further updated to highlight the curriculum content of physical education in higher vocational colleges, with carrying out life safety education actively guided by the ideology of health first and life safety.*

Keywords: *Higher Vocational Colleges; Physical Education; Life Safety Education; Investigation; Countermeasure*

1. Introduction

In July 29th 2010, the *Outline of National Medium and Long Term Education Reform and Development Plan (2010-2020)* officially promulgated and implemented by the Ministry of Education of the People's Republic of China, clearly put forward the strategic theme of "learn to live". Attentions to safety education, life education, national defense education and sustainable development education are highly emphasized, additionally with promoting the organic integration of moral, intellectual, physical and aesthetic education to improve students' comprehensive quality and cultivate all-round developed socialist builders and successors. It can be seen that life education has become a strategic decision for the development of national education. This is also the first time that "learn to live" has been included in the national education reform document. In May 2012, China Employment Training Technology Guidance Center of the Ministry of Human Resources and Social Security launched a post vocational training – "life education tutor". Since launched, life education has begun to move towards families, schools, communities and enterprises in an all-round way, which greatly promoted the development of life education in China both in breadth and depth. According to the statistics of the Chinese Ministry of Health, 16000 students in primary and middle school and 3000 in college died abnormally every year. Therefore, the role of school in life education is supposed to be attached great importance.

Physical education in colleges and universities follow the guiding ideology of health first, and further clarify that physical education course is a public compulsory course for college students to strengthen their physique, as well as improve their health and physical quality through reasonable process of physical education and scientific physical exercise. Yet life safety education is to further strengthen their own safety awareness through external education guidance and practical activities, enabling students calmly and actively respond to natural disasters and dangerous accidents. Apparently, it can be seen that physical education and life safety education in colleges and universities have the same goal, which effectively improves students' physical quality and survival skills. Consequently, it is of great significance and feasibility to integrate life safety education into the physical education in colleges and universities.

2. Research Objects and Methods

2.1 Research Objects

This paper analyzes the situation of life safety education in of physical education in 16 higher vocational colleges, including Guangdong Industry Polytechnic, Guangdong Polytechnic of Water Resources and Electric Engineering, Guangzhou Civil Aviation College, Guangdong Nanhua Vocational College of Industry And Commerce, Foshan Polytechnic, Shenzhen Polytechnic, Zhuhai Art College, Shantou Polytechnic, Dongguan Polytechnic, Huizhou Economics and Polytechnic College, Yangjiang Polytechnic, Guangdong Institute of Arts and Sciences, Guangdong Business and Technology University, Jiangmen Polytechnic, Jieyang Polytechnic and Guangdong Songshan Polytechnic.

2.2 Research Methods

2.2.1 Literature Method

In order to understand the latest development of life safety education in physical education, the author searched for literature in China Journal Network and VIP Chinese Journal Network.

2.2.2 Investigation and Interview Method

Through telephone and interview, the author communicated with the leaders of the Health and Art Office of the Guangdong Higher Education Department and the relevant school sports teaching experts.

The distribution of the questionnaire shows as follow: altogether there are 740 copies distributed; 733 copies were recovered; the recovery rate was 99%, of which 713 were effective, with recovery rate of 98%.

Table 1 Distribution Objects and Collection Statistics of Questionnaires

Statistical Table of Distribution Objects and Collection of Questionnaires

Distribution objects	Quantity	Recovery	Effective	Effective Recovery Rate (%)
Experts	20	20	20	100
Teachers	80	80	78	97.5
Students	640	633	618	96.5
Total	740	733	716	98

2.2.3 Mathematical Statistics and Logical Analysis

SPSS software was applied as the principle of logic to analyze and sum up the data and draw a conclusion.

3. Results and Analysis

3.1 Lacks of Understanding of Life Safety Education in Physical Education by School Leaders and Sports Department Leaders

The research shows that 16 higher vocational colleges, whose consciousness and attitude of life safety education in physical education play a leading role in the implementation, have a serious lack of understanding of life safety education. Additionally, research data indicates that the vast majority of physical education departments do not pay much attention to the implement of life safety education because of the unthoughtful cognition that the purpose of physical education curriculum is merely to exercise and improve the physique.

3.2 Lack of Understanding of Life Safety Education in Physical Education by Teachers and Students

It recovers that the vast majority of teachers and students pay more attention to the cultivation of sports skills, sports participation and physical health than to life safety education in which they reveals a cold attitude. Since the professional quality and professional ability of P.E. teachers in higher vocational

colleges have a significant impact on the healthy development and life safety of students, it will be effective if students enable to generate a good understanding and attitude towards life safety education under the teachers' guidance.

3.3 Lack of Life Safety Education Contents in Physical Education

Research data presents that the vast majority of physical education in higher vocational colleges have no life safety education content. Although life safety education is a course of humanities and a philosophy based on "human", it plays an irreplaceable role in the lifelong development of human beings. So far, life safety education course in higher vocational colleges has not been included in the ranks of formal courses. The content of life safety education course mainly focuses on the learning and mastering of knowledge and skills, yet in reality it still stays either at the shallow level of learning about life common sense, life phenomenon, puberty and the natural law of life, or carrying out safety education, such as lifesaving common sense and skills. At present higher vocational colleges, life safety education course with low-level development only involves some defense and intervention of psychological crisis, giving an equivalent affects with psychological counseling, and few of them can effectively combine life safety education with physical education.

3.4 Lacking and Aging of Protection Facilities and Equipment in Physical Education

The survey data shows that the teaching infrastructure of physical education in higher vocational colleges is generally lack of protective facilities, alongside with aging equipment, which probably leads to accidents. Additionally, there is no defibrillator and other equipment in public places, so if accidentally students have heart attack, rescue in time will be hardly achieved. Besides, the schools do not build stadiums in strict accordance with the relevant regulations and standards, and the regular maintenance of sports venues and equipment is far from enough, which may be easy to affect the development of life safety education.

4. Countermeasures of Strengthening Life Safety Education in Higher Vocational Physical Education

4.1 Improving the Understanding of Life Safety Education between Leaders of School and Sports Department

Leaders of school and sports department play a guiding role in the development of life safety education in physical education. It is the key to effective implementation of life safety education to improve the understanding, update the education concept, and integrate the curriculum objectives. To establish a high-quality teaching team, physical education teachers should keep pace with the times, and continue to improve the quality of life safety education through further training. Besides, it's highly suggested that they combine life safety education with college physical education, internalizing the form of life safety education for students.

4.2 Improve the understanding of life safety education between teachers and students

Physical education teachers in vocational colleges play a significant role in class. In the physical education classroom, there are likely to be some security problems. Consequently, teachers need to constantly improve their sense of responsibility. Regular training and competitive employment can be a good way to train teachers' professional quality. Also, competitions like sports teaching and life safety teaching are similarly beneficial, which serves to help students understand the meaning and importance of life safety and cultivate students' safety awareness and self-protection ability.

4.3 Integrating Life Safety Education into Physical Education

Integrating life safety education into the physical education curriculum will greatly affect students' understanding of life safety, and cultivate students' safety awareness and self-protection ability. Permeating safety education in physical education is not a matter that can be completed overnight. Therefore, higher vocational colleges need to build a perfect life safety education system and permeating safety education knowledge into students in daily life. It's highly advised that PE teachers keep this goal in mind to help students understand the importance of life safety, so that students will respect more not

only their own lives, but also the lives of others. To promote the comprehensive and healthy development of students' body and mind, schools should also build a harmonious relationship between teachers and students in physical education; cultivate students' team consciousness and safety consciousness to reduce the occurrence of safety accidents.

4.4 Strengthen the Construction of Physical Education Infrastructure

School sports facilities are relatively lacking, with merely some of the most basic equipment. These instruments disenable students to carry out sports activities under a safe and reliable condition. In order to optimize the teaching environment, higher vocational colleges are supposed to increase investment on human and material resources, and strengthen the construction of physical education infrastructure, such as setting up defibrillator equipment in public, training teachers and students to avoid safety accidents, etc. Additionally, schools must build stadiums in strict accordance with the relevant regulations and standards to ensure the daily teaching progress of sports activities. Regular maintenance of sports venues and equipment should also be carried out to eliminate the occurrence of sports safety hazards.

5. Conclusion

It's imperative and important to integrate life safety education into the physical education, for improving the safety of teaching activities and reducing the occurrence of safety accidents. Mutual beneficial relationship between physical education and life safety education should be precisely staked out, by improving the knowledge of teachers and students about life safety education, cultivating students' team awareness and safety awareness to reduce the occurrence of safety accidents.

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